

# Websites and Apps for Getting Healthy

## DIET/NUTRITION TRACKING

- **MyFitnessPal** - MyFitnessPal is a free online calorie counter and diet plan that helps you lose weight by tracking your caloric intake. You can also find nutrition facts for over 2,000,000 foods.
- **Cronometer** - Cronometer provides a website and app to help you track your calories, exercise, biometrics and health data.
- **FatSecret** - The FatSecret app provides food and exercise diaries, a weight chart and journal, healthy recipes, and nutritional information to support you on your weight loss journey.

## PHYSICAL ACTIVITY

- **Fitbit** - Fitbit's smart watches and fitness trackers help you stay inspired and accountable on your health journey by tracking activity, nutrition, sleep, and more.
- **Oura Ring** - The Oura ring is a wearable tracking ring that measures your activity and sleep quality, as well as key metrics like relative body temperature, resting heart rate, and heart rate variability (HRV).
- **WHOOP** - The WHOOP strap provides you with personalized fitness, sleep, and recovery data to help unlock your greatest potential.
- **MapMyFitness** - Whether you are looking to map your runs or log your gym workouts, the MapMyFitness website and app lets you track all of your fitness activities in one place.
- **JEFIT** - The JEFIT app provides simple tools for creating, planning, tracking, and sharing your weightlifting workouts.
- **StrongLifts** - StrongLifts 5x5 is a simple, effective workout plan to help you build muscle and burn fat fast. With StrongLifts, you do three exercises, three times a week, for 45 minutes per workout.
- **Nike Training Club** - The Nike Training Club app gives you access to hundreds of workouts led by Nike Master Trainers. Workout sessions are 5-60 minutes long and can be done at home, in the gym, or on the road.
- **Freeletics** - Freeletics provides a personal workout plan based on your fitness level so you can do high-intensity bodyweight training anytime & anywhere.

## SLEEP

- **Fitbit** – Fitbit’s smart watches and fitness trackers help you stay inspired and accountable on your health journey by tracking activity, nutrition, sleep, and more.
- **Oura Ring** - The Oura ring is a wearable tracking ring that measures your activity and sleep quality, as well as key metrics like relative body temperature, resting heart rate, and heart rate variability (HRV).
- **WHOOP** - The WHOOP strap provides you with personalized fitness, sleep, and recovery data to help unlock your greatest potential.
- **Sleep Cycle** – The Sleep Cycle alarm clock app tracks your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock.
- **Sleep As Android** – The Sleep as Android app provides similar sleep tracking features as the Sleep Cycle app, but it is specifically designed for Android devices.
- **Deep Sleep** – The Deep Sleep app provides a guided meditation designed to help you relax, overcome insomnia, and get to sleep.

## STRESS MANAGEMENT

- **Headspace** – Headspace is a digital service that provides short guided meditation sessions and mindfulness training with content that can be accessed online or via a mobile app.
- **Calm** – Calm is on a mission to make the world happier and healthier. In this app, you can choose from several relaxing nature scenes, and select the length of your guided meditation session.
- **InsightTimer** - Insight Timer is a free meditation app to help you with sleep, anxiety, and stress.
- **Sanvello** – Designed to be “a place to feel better, wherever you go”, the Sanvello app provides support for stress, anxiety, and worry through self-care, peer support, coaching, and therapy.
- **Buddhify** – Designed to provide guided meditations wherever you are, the Buddhify app has over 80 guided meditations to fit what you’re doing or how you’re feeling – traveling, working, relaxing at home, trying to sleep, and much more.
- **Omvana** – A meditation app for performance and flow states, Omvana contains hundreds of world class meditations for focus, peace, sleep, enlightenment, and more.
- **Yoga with Adriene** – Free online yoga classes with Adriene help you work up a sweat, or provide calm and relief to a tired mind and body.

## BEHAVIOR CHANGE

- **Strides** – With Strides, you can track all of your goals and habits in one place. Stay motivated and on track with flexible reminders and helpful charts as you work to achieve your goals.
- **Goals On Track** – With Goals On Track, you can work on your goals at home and on the go. The mobile and web-based versions stay in sync, making sure you always have access to your latest goals, tasks, habits, and journal data.
- **LifeTick** – LifeTick is an online goal setting tool that helps you set, track, and achieve your goals in life.
- **Rise** – Rise helps you lose weight and change your diet and lifestyle by working with a personal coach.
- **Noom** – Noom provides you with the support of a health coach as you work to change your relationship with food and lose weight for good.

## FOOD PRODUCTS

- Wholesale Paleo Foods
  - **Thrive Market**
- Grass-fed jerky
  - **Steve's PaleoGoods**
  - **PaleoValley**
  - **Chomps**
  - **EPIC Bars**
  - **Tanka Bars**
- Prepared meats
  - **KOL Foods**
  - **US Wellness Meats**
  - **ButcherBox**
- Smoked fish
  - **Vital Choice**
  - **Ducktrap**
- Nut bars
  - **Go Raw**

- Nut butters
  - **Artisana**
  - **MaraNatha**
  - **Once Again**
- Kale chips
  - **Brad's Raw Foods**
  - **Lydia's Kind Foods**
- Potato/sweet potato chips
  - **Jackson's Honest Chips**
- Olives
  - **Sunfood**
  - **Jeff's Naturals**
- Canned fish
  - **Vital Choice**
  - **Wild Planet**
- Full-fat yogurt/kefir
  - **Maple Hill Creamery**
  - **Redwood Hill Farm**
- Coconut products
  - **Tropical Traditions**
- Dehydrated fruit/vegetables
  - **Natierra**
  - **Karen's Naturals**
- Seaweed snacks
  - **SeaSnax**
  - **GimMe**
- Pork rinds
  - **4505 Meats**
- Mayonnaise
  - **Primal Kitchen**